

How can I prepare for an **EARTHQUAKE**

There have been a number of earthquakes that have rattled southern California this year. More now, than within the last decade. To help you prepare in case a major earthquake hits. Here are some tips.

What to have ready:

Survival Kit: It's essential to have a survival kit ready. Commonly recommended items are food and water for at least three days, water purification tablets, first aid kit and batteries. You can use a portable container such as a large, covered trash receptacle or a duffel bag.

Supplies: Remember to reconsider your emergency needs yearly and to change your food and water supplies every six months.

Plan for it: In case you can't meet, pick at least two places—one near your home and one outside your neighborhood to find family members.



What to do — and not do — during a quake

What to do

It doesn't matter if you're in a one-story house, a mobile home or an office high-rise: Remember the drill "Drop, Cover and Hold On."

- Climb under a sturdy table or piece of furniture to protect yourself from falling debris.
- Hold on tight until the shaking stops.
- Move away from windows.
- If you're in bed, stay there; it may be safer. Put a pillow over your head and wait. But assess your situation — if there is something heavy overhead, move away.
- If you're outside, find a clear area away from buildings, overhead power and phone lines and overpasses. Sit down, cover your head and wait it out.
- After the shaking stops, check to see if there is a gas leak at your home. If there is, turn your gas off.

What not to do

- Don't position yourself in a doorjamb. That's outdated advice. It doesn't protect your head from falling objects and could result in injuries.
- Stay away from heavy furniture, lighting fixtures or anything else that can fall.
- Don't run outside while the earth is still shaking. The Federal Emergency Management Agency says that most injuries occur when people in buildings try to escape to a different location.

RESOURCES

Commonly recommended items for emergency earthquake kit:

- Food and water to last at least three to four days
- Water purification tablets/ portable water filter
- Heavy-duty gloves, goggles and dust mask
- A first aid kit
- A minimum of \$100 in cash, at least half of which should be in small denominations
- A flashlight and radio (battery-, solar-, and/or hand-powered)
- Extra batteries

For more information on earthquake preparedness

- American Red Cross
Sdarc.org
- California Emergency Management Agency
www.calema.ca.gov
- Rincon Environmental Department. (760) 297-2632

